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An American tourist, Mark Kaminsky, 28, of Niles, Mich., said he was convicted of spying in the Soviet Union after he admitted he was traveling through Russia to gather material for a book on the Kremlin's preparations for war. Kaminsky also said the Russians told him he would get a light sentence if he pleaded guilty. The Russians suspended Kaminsky's 7-year sentence and expelled him and his traveling companion, Harvey C. Bennett, 26, of Tracy, Calif. They arrived in Vienna, Austria, late Monday night and are expected to arrive in New York today.

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